

# SPOKE

## Conestoga College, Kitchener

April 15, 2002

### What's Inside



Peer Services looking for a few good hosts, mentors and tutors.

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People who like desserts should visit France.

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Comedians must combine creativity with business.

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**COMMENTARY**  
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### CRANE CREATION



Martina MacNeil, a Grade 7 student from St. Teresa Catholic school in Kitchener, builds a crane as part of the Waterloo Regional Skills Competition put on by Skills Canada on April 4 at the recreation centre. Students were required to build cranes that carry a block of wood one metre and drop it off. MacNeil made use of pulleys, hydraulics and gears to complete the task.

(Photo by Shannon McBride)

## Conestoga No. 1 again!

For an unprecedented fourth consecutive year, composite results from the independent Key Performance Indicator (KPI) surveys show Conestoga as the overall No. 1 rated community college in Ontario.

"This is extremely positive news," President John Tibbits said in a press release. "These surveys have been in existence only four years, and our continuing leadership shows the value of Conestoga to our region, our employers, and our students and graduates. It shows that we are ready to take the step of offering applied degrees. Indeed, it shows we are ready to take the major step of becoming a polytechnic institute."

The KPI surveys are conducted annually for the Ministry of Training, Colleges and Universities by an outside research firm. There are four surveys in all: graduate employment, graduate satisfaction, employer satisfaction and student satisfaction. Taking the composite scores from the four surveys (the graduate employment rate, plus the responses of "very satisfied" and "satisfied" from the three satisfaction surveys) Conestoga emerges with an overall average of 87.65, best among the 25 colleges.

Conestoga exceeded the provin-

cial average on all surveys.

Conestoga topped all colleges on the student satisfaction survey, with 81.4 per cent of respondents either "very satisfied" or "satisfied." Conestoga also showed a significant gain on the employer satisfaction survey, from 91.6 per cent last year to 93.1 this year. The graduate employment number — 92.0 per cent — held very close to last year's result and the graduate satisfaction number was 84.1 per cent, well above the provincial average. Conestoga students rated their college the best in the province when it comes to the quality of facilities, resources and services.

"I am proud of our students and their high regard for Conestoga College," Tibbits said. "I am also very proud of our employees, who are so important to our success."

"With this record of achievement and excellence, the college is poised to move forward in pursuit of our vision: becoming a national, and even an international, leader in applied skills research and education. In this way, we can create wonderful opportunities for our students and be a vital part of enhancing the global economic presence of our region."

## GRT aims for 20% ridership increase

By Mary Simmons

Leave the car behind and hop on a bus to get where you want to go in Kitchener-Waterloo and Cambridge.

This is what Waterloo regional councillors are aiming for as they endorse a new five-year expansion plan for Grand River Transit (GRT), which is expected to increase ridership by 20 per cent.

The plan calls for 42 extra buses and new or more frequent routes.

The cost will affect taxpayers in the region over the next four years and will also be covered through provincial funding, which currently provides funds for replacement buses.

The cost could be up to \$4.2 million a year in extra property taxes if the province does not provide the expected assistance. This amount will decrease to \$3.6 million a year with provincial funding.

Mike Murray, the transportation commissioner in the region, says GRT will see some expansion



Bus service to the Doon campus of Conestoga College is expected to increase according to a long-range transit plan.

(Photo by Mary Simmons)

every year through 2005.

With a six per cent increase in service hours, he expects it will lead to a 4.5 per cent ridership increase.

Despite service hours increasing only slightly in the past two years, ridership has increased by four per cent.

"We're really excited at the opportunity to increase transit," he said.

John Cicuttin, the manager of transit development in Waterloo Region, says this is a serious improvement plan, but warns that it is always susceptible to change.

According to the plan, which

could be implemented as early as this September, there could be a connection to Hespeler from Route 61, which runs to and from Preston to the Doon campus of Conestoga College.

By 2004, service will be improved to Huron Business Park, which will also increase access to Route 16 to the Doon campus of Conestoga College.

By 2005, there should be a new route in Doon South, which will run every half hour, Monday to Friday, at peak times.

Other specific areas targeted for improved service include Laurelwood, Laurentian West, Northlake, Kitchener East Side, Eastbridge, Victoria Street, Westside Waterloo and Bridgeport.

Cicuttin also said that they are hoping to increase Sunday service routes across the board.

Open meetings on the subject of expansion are coming up in the month of May. For more information, contact Blair Allen, the transit planner, at 575-4022.



## FUN AND FRIVOLITY



Nursing students horse around in the hallway near Tim Hortons. The students were taking a quick break from class.

(Photo by Denis Langlois)

## Scenario puts paramedics to the test

By Nicole Childs

A car has flipped over and somebody is crying for help from inside — do you know how to help them? The first-year Conestoga paramedic students found out at the 10th annual paramedics scenario held April 6 at the Baden fire hall.

The paramedics event gives students a chance to work together and learn from each other while dealing with simulated life-threatening situations.

The event ran from 8 a.m. to 1 p.m. and featured a number of sim-

ulated accidents. The idea of the exercise was to give students the chance to use the theory they've learned in class in a real-life situation. Wendy Spiegelberg, health sciences faculty, said, "The students get right into it; it helps them to put all that they've learned in the classroom into practice."

The scenario was put on by the firefighters at the Baden fire hall. Part of the event was to teach students to work together with the firefighters at a scene. According to Spiegelberg, the firefighters like helping with this each year. They

get all the vehicles, help plan the scenarios and it is good public relations for them. The fire hall also has a lot of junior recruits, who gain valuable experience from the event.

This year's accident scenarios included a farm accident, three car accidents and a multi-casualty accident involving a bus. Students also had to develop their communication skills since patients were told to scream, cry and even run off if they felt they weren't being dealt with correctly. A debriefing was held at the end of the day to discuss and evaluate each call.

## COUNSELLOR'S CORNER: Community Resources

The counsellors at Student Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected with the right people.

*A Message from Student Services (Room 2B02)*

# O'Connell in hall of fame

He currently works as a TV anchor

By Tannis Wade

And the Oscar goes to... Well, it wasn't quite the Academy Awards but there was a crowd full of broadcasters at their annual awards banquet on April 4.

The nearly 150 people who attended the ceremony at Bingemans included students, graduates, alumni and people from the broadcasting industry.

"I felt the evening was a tremendous success," said Mike Thurnell, co-ordinator of the broadcasting radio and television program. "One of the proudest moments was that the technical production for the evening was done entirely by first-year students in the program."

An edited version of the banquet will air on Rogers Television later this year.

Jim O'Connell, who graduated from the program in 1979, was inducted into the broadcasting hall of fame. He is currently an anchor on Report on Business TV (ROB TV); he has many other accomplishments that helped him to earn the spot.

O'Connell worked with the CTV network as a host and reporter for the popular news magazine show, W5. He was also the Washington and London correspondent for CTV. His assignments had him covering a wide variety of news and events all over the world including the Gulf War, the Royal Family and the war in Kosovo.

The banquet also featured a new award for broadcasting students. Thurnell introduced the new Broadcasting Faculty Award, which recognizes a student who has demonstrated outstanding service and assistance to staff and other students of the program.

This award was presented to third-year broadcasting student Mike Wikholm. According to

## THE WINNERS

■ CHYM announcer of the year: Jes Brown (year one) Allison Gittens (year two) Mike Wikholm (year three)

■ CJOY/MAGIC FM Newsperson of the year: Patricia Cardy (year two).

■ CJCS Radio Creative Award: Taylor Surman (year three).

■ CJCS Radio Production Award: Mike Wikholm (year three).

■ CHUM Radio Award for Production Excellence: Jennifer Fergusson (year three).

■ Betty Thompson Memorial Award for Volunteering in the community: Jennifer Fergusson (year three).

■ Betty Thompson Broadcaster of the Year: Shannon Ryan (year three).

■ Rogers Community Television Award: Barry Melien (year three).

■ Pat Fitzgerald Award: Elias Campbell (year two).

■ John Larke Scholarship: Erica Bailey (year two).

■ Ken Mackenzie Award: Shannon Ryan (year three).

■ Carl Pollock Award: Jeff Pagett.

■ TELEMEDIA Radio Award: Manny Singh (year three).

■ Sony Canada Award: Sacha Larson (year three).

Thurnell, Wikholm went above and beyond the call of duty on many occasions.

"Wikholm assisted in the complete rewiring of the television facilities last summer," Thurnell said.

"He continues to contribute and assist with the production and running of CJIQ, our college radio station."

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## Find housing ASAP

By Sarah McGoldrick

The school year is coming to an end and soon students will leave the campus hoping they won't have to think about school until September.

This is not the case for students who will require housing facilities in the fall. Drastic shortages over the last few years have left many students scrambling to find accommodation. At some major universities in Ontario, students were without housing on the first day of class.

The double cohort, which is expected to nearly double the number of students looking for housing, will make it even harder for students to find a place to stay.

At Conestoga College construction at the Residence to make further additions to accommodate the influx in students' has been going non-stop.

The cost of living in residence is \$4,050 for two terms. This has sent many students looking for somewhere to live off campus. In the area surrounding the Doon campus many homes have multiple apartments available to students. However, this can be costly as well. Many postings around the school and in newspapers such as *The Record* have rent listed at more than \$500. For eight months' accommodation the total is \$4,000, a huge strain on college students' pockets.

In most cases a student is required to pay a deposit fee when trying to rent an apartment. Students should be aware that they might not get that money back from certain landlords if they decide not to take the apartment.

According to the Tenant Protection Act one-third of Ontario's four-million tenants are on some kind of social assistance. Students these days are expected to pay the going rate for an apartment unless they are sharing.

Currently landlords are allowed to charge anything they want to a new tenant after the old one has moved out. There is no limits as to how high the rent can be set. Students should, prior to renting an apartment, check to see how much the previous rental rate was. This can save students a lot of money in the long run.

Landlords are also allowed to refuse a lease based on the grounds that they think you don't have enough income.

If a student has to provide references regarding finances or personality, make sure they are from reputable sources. Professors, employers and business associates make better references than short-term friends.

If students want to get the apartment of their dreams at rent they can afford, now is the time to look.

# Peer helpers recognized

By Nicole Childs

Peer tutors, peer hosts and peer mentors were honoured during Peer Appreciation Week held during the first week of April.

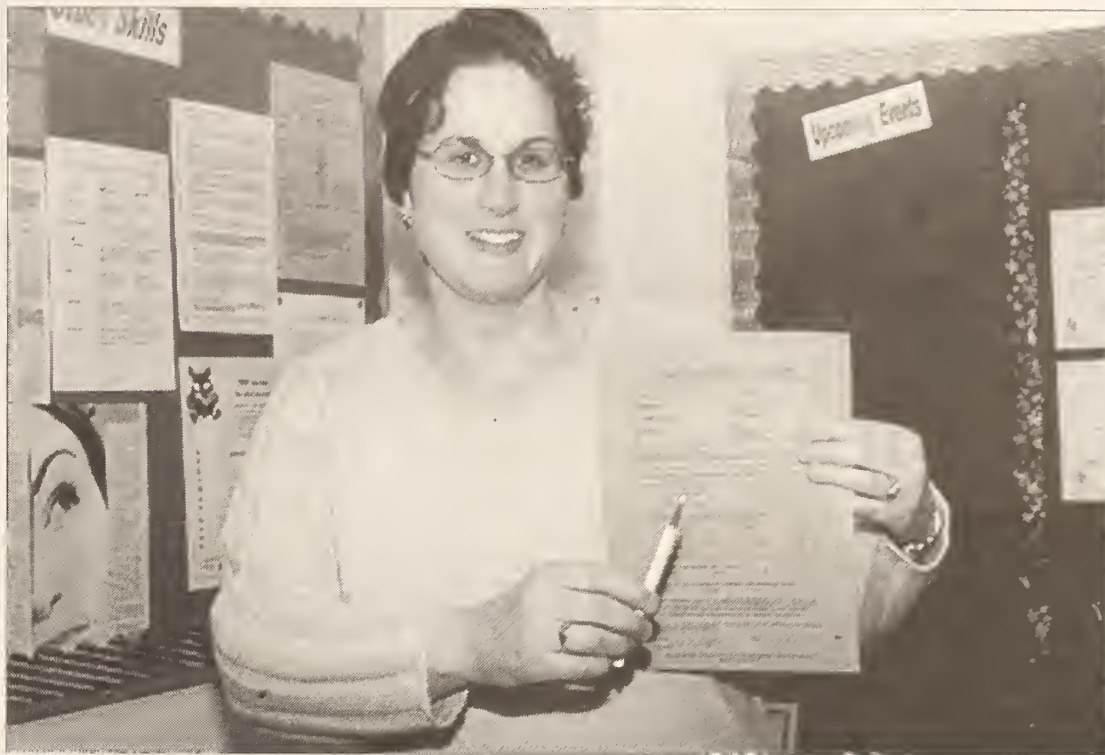
The week featured a banquet, which recognized nearly 200 students involved in the different programs offered through peer services. An information table was set up in front of Door 4 where students could sign up or check out the different options available to them.

The week celebrated and honoured the work that peer helpers have done. It was also a week of recruiting new students and getting people involved. Melissa Turner, a peer services administrator said she thinks it is important to recognize the work that all the students have done throughout the year. She also thinks the week is important because it gets information out to other students who might be interested in joining.

"A student does a tremendous amount of work assisting and they should be celebrated. It is also important to remind other students of what is available," said Turner. About 50 or more students signed up for next year at the information table.

She was pleased with the turnout to the banquet as well as the number of students who were interested in and signed up for the program. She said the banquet was a great time to get everybody together and recognize each other's accomplishments. "So many stand out and do extra hours, we try to recognize them all as a large group," Turner said. It was also a good chance for students in the peer tutoring, peer mentoring and peer hosting programs to meet each other.

There were a number of guest speakers including College President John Tibbits, Master of Ceremonies Fred Harris, who is also the executive director of stu-



Melissa Turner, a peer services administrator, reminds students that they can still sign up to be a peer tutor, host or mentor for the fall semester. Peer Services likes to have all their peer helpers trained by September.

(Photo by Nicole Childs)

dent services, and Vice-President of Finance Kevin Mullan.

Peggy Roth, special needs faculty, presented the Al Logan award. It is given to a student from the peer tutoring, peer mentoring or peer hosting program who shows caring for others, warmth, leadership and a good sense of humour. It is in honour of Al Logan who did a lot of work for the college. This year's recipient was Erin Ariss. She was presented with a gift at the reception and her name will be on a plaque.

All students from the programs received a certificate for their efforts throughout the year.

Turner also stressed that just because the week is over peer services will still be recruiting new students. Peer tutoring is a paid posi-

tion where you tutor students in a specific course. Peer mentoring and peer hosting are volunteer positions. Peer mentoring is mostly being done in the nursing and early childhood education programs but they are trying to branch out. With peer mentoring a senior student is assigned a first-year student whom they can mentor. This year there

were a total of 15 peer mentors. Peer hosting is where a student is set up with a student of another culture.

"If you're good in academics try peer tutoring, it's a good opportunity and excellent experience," Turner said. Peer services will also be hiring students to help out during orientation week.

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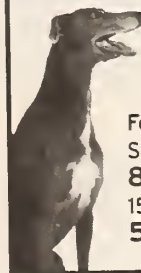
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## College steps into the future

Conestoga College students will soon have the chance to get a university education at a community college.

On March 27, Dianne Cunningham, minister of training, colleges and universities, announced that 12 degrees will be granted to nine colleges across Ontario.

Traditionally, Ontario's colleges have been limited to awarding certificates or diplomas in one-, two- or three-year post-secondary or post-graduate programs.

Conestoga was fortunate enough to have both applied degree proposals accepted by the province. Other colleges such as Mohawk, Centennial and Algonquin also received the privilege of offering these new credentials.

Beginning in the fall of 2003 students at Conestoga taking Integrated Advanced Manufacturing Technologies and Integrated Telecommunication and Computer Technologies will be able to get a Bachelor of Applied Technology.

This means a huge increase in the technology and facilities available to students enrolled in these programs.

Conestoga is already a leader in the field of post-secondary education with three consecutive years of being the top-ranking college in Ontario according to the government's Key Performance Indicator survey.

The college has also posted the lowest default rate on repaying student loans for the second straight year.

Additionally, Conestoga is a leader in educating women for careers in skilled trades and technology with its many programs promoting women in technology.

With a campus in Harbin, China, Conestoga has stepped into the global market to display its strength as an educational institution.

Among those many accolades, Conestoga's highly accredited nursing program has a degree option through an agreement with McMaster University, with the first graduating class in 2005.

The school is now a full-service institute offering a wide variety of educational options for students. These degrees will combine the applied skills with theoretical knowledge to create a well-rounded student and employee.

The ability to grant degrees is something too long in coming for Conestoga. The college is located in the heart of Ontario's Technology Triangle and offering degree programs will keep students working at local businesses. With local industry already supporting the college financially, further subsidies allocated by the provincial government to the college for offering the degree program will be spent improving quality of education and resources at the college.

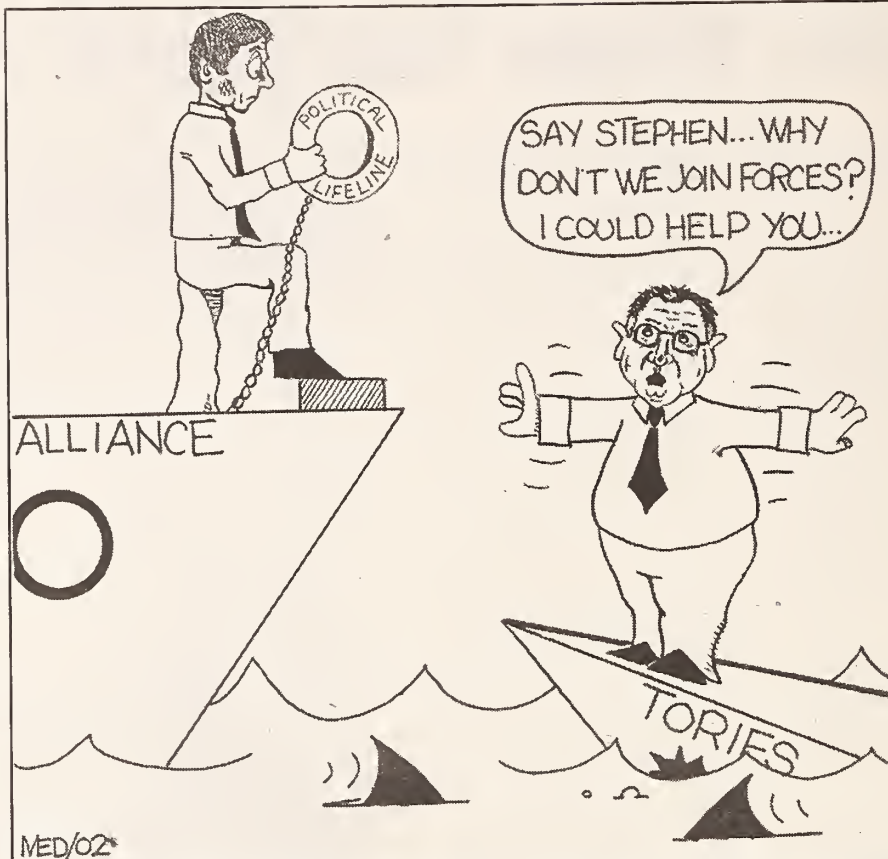
However, according to the College Student Alliance, there are concerns about maintaining the quality of the existing diploma programs. The organization feels that current resources are strained and will be drained to further fund this new credential.

Conversely, the Association of Colleges of Applied Arts and Technology of Ontario, the provincial advocacy organization for Ontario's 24 colleges, says the new applied degrees will not devalue a college diploma.

Instead, this means students will have a competitive edge, with more highly trained and qualified students than other colleges that offer similar programs. Furthermore, combining the value of a college diploma and the new applied degrees will make Conestoga graduates more attractive to potential employers.

While the college can be proud in obtaining two degrees, the second round of submissions for applied degrees is in early May and Conestoga has indicated they will apply for two more applied degrees.

The school has already demonstrated its superior reputation for excellence in post-secondary education. Getting two more applied degrees would solidify Conestoga's place as the premier college in the province. This enhances the reputation of the college and will help attract more students, who in turn will reap the benefits of being a Conestoga College student.



**Canadian Alliance leader Stephen Harper rejects an offer from Tory leader Joe Clark to join forces.**

## Losing interest in others' pain Are we becoming desensitized to war?

Empathy is an emotion most people have and show during their lives. But what if you are bombarded with the same issue over and over again? Can we still feel empathy?

Each day the newspaper is filled with horror stories about countries on the other side of the world. Just a few weeks ago a suicide bomber killed herself and several others in Israel.

**The stories are horrifying, but because we have read and seen them on the news so often, we are becoming immune to these travesties and injustices.**

The bomber, a female, was only 18 years old. This is the first time in the history of this war that females have gotten visibly involved.

The war in Israel is in the news everyday, but people are slowly losing interest in the matter.

Day after day, the papers have stories about human suffering.



**Kathleen Deschamps**

The stories are horrifying, but because we have read and seen them on the news so often, we are becoming immune to these travesties and

injustices.

The word war used to invoke fear in people, but now it has become an everyday word.

Palestinian leader Yasser Arafat is now held up in his palace under house arrest.

Protests are being held all over the world. There was even one in Toronto recently. However many are simply desensitized to the issue.

Canada has asked Israel to stop its military offensive against Palestinians in the West Bank. They have also requested that Arafat do more to prevent terrorist attacks on Israel.

Personally, I think we are oblivious to the issue. I read the paper everyday, but find myself skipping over anything to do with war. It sounds bad, but it does not affect my everyday life.

I find myself and others are attracted to more local issues and problems.

**If we can't clean up the messes that are going on around us, what can we do for the countries on the other side of the world.**

If we can't clean up the messes that are going on around us, what can we do for the countries on the other side of the world?

Maybe we should be thankful that we are so far from the war. Many of us have grown up in a war-free country, and cannot imagine waking up with tanks rolling over our front lawns. Because of this we have no idea what they are going through, which is why we are finding ourselves paying little attention to the conflict.

Unfortunately, there is no solution to this problem. We cannot have a world where there is only happy news on the cover. It just doesn't exist.

# SPOKE

*Keeping Conestoga College connected*

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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# Volunteer believes in CBSA yearbook

By Shannon McBride

Darrell Brown does something that no one else at Conestoga College does. He designs a yearbook for computer and business students. But he has often wondered why he is the only one who takes on this worthwhile project.

For the time being, the Computer and Business Student Association at Conestoga is the only group that puts together a yearbook for its graduates.

Brown thinks this is a shame.

"Other programs are missing out on a lot," Brown said, adding that he thinks people should have a memento of their years at college to

take with them when they graduate.

In fact, he thinks it's so important that he has taken on the task of organizing the yearbook for the school of business and the school of information technology on his own.

Back in September, Brown planned to have a core group of volunteers to work alongside him, but he didn't have enough time to recruit them.

"The job would have been a lot easier," Brown said.

But because he wanted the job to get done, he stuck with it.

"It's not a labour of love, I just believe in what I am doing."

Brown does everything from designing the layout of the book to

convincing graduates to have their photos taken by Jostens, the business that does graduate photography at Conestoga.

He guarantees that every student who has had their photo taken with Jostens will be in the yearbook.

That means a lot of photo scanning for Brown.

Many students will also be found throughout collages that Brown will put together for each class from the school of business and the school of IT. To get students involved in the process, he has distributed one-use cameras to each class and allowed classmates to decide how they want to portray student life in their program.

Last year, each class designed its own collage.

Brown decided he might be able to create a more uniformed look if he designs the collages.

"The goal every year should be to improve it (the yearbook)," Brown said, adding that presentation is everything.

The third-year accounting student has concerns about what will happen with the yearbook next year. He plans to graduate at the end of this month and doesn't have anyone to fill the position yet.

Before this year, business faculty member Rex Clark had always looked after the yearbook produc-

tion. Clark has since retired.

Brown encourages anyone thinking about taking on the project to go for it.

"Someone has to be willing to pick up the ball and run with it," Brown said, quoting a fellow CBSA executive member. "If you're like me, you'll take it to the finish."

CBSA yearbooks will be available at the table at Door 3 by April 17. For more information go to the CBSA office in room 1D14 D or contact Darrel Brown through the CBSA Web site at [www.cbsa.on.ca](http://www.cbsa.on.ca) and choose the yearbook link.

The memento sells for \$13.

## Empathy suit an eye-opener

"My breathing was constricted, it was hard to stand up and I couldn't even think about bending over. This past weekend, my family and I had the opportunity to test out an empathy suit.

If you have ever wondered what it felt like to be pregnant, the empathy suit is something you have to try.

It was designed as a teaching aid for parenting classes so people could simulate being nine months pregnant. Like any simulation, I am sure it is not exactly the real thing, but it sure gave me a good idea of the hardships pregnant or heavy people must go through every day.

To start with, I am far from being thin myself. I can understand the scorn that can sometimes be associated with being overweight. However, once I wore the suit for a little while, I was happy to return to my natural state.

Getting suited up took about 10 minutes. The first piece of the contraption is a wide elastic band that wraps around your midsection. It is intended to put pressure on your rib cage and lungs therefore restricting your breathing. It was almost comparable to a giant-sized tensor



Tannis Wade

bandage.

The next part of the puzzle was a small bag-like item that is placed directly on top of your bladder applying pressure to the area. The bag itself seemed

very heavy.

The largest part of the suit almost resembled a vest, but it was like nothing you have ever seen before. There were large heavy breasts built onto the suit and an extremely large stomach area.

The vest contained almost 10 litres of warm water and added significant pull to the entire contraption.

At this point I was thinking, "this is not so bad," but I didn't see what was coming my way. Two grapefruit-sized lead balls were inserted into different slots in the suit to add more weight. Then I was told that there was already one lead ball in the suit suspended in the section that contains all the water.

Once I put some maternity clothes over the empathy suit, it

was time to do some simple tasks and see just how simple they were with more than 20 additional pounds on my 5-foot-2-inch body.

Walking was OK, though it was difficult to keep my legs together and my whole chest was feeling tight. Sitting seemed simple when the chair was a solid wood straight-backed chair. As soon as I attempted a soft, comfortable couch I was doomed.

I flopped down so fast I didn't know what hit me. The breasts flew into my face and the stomach came rushing up to follow them. As soon as I was sitting for a minute I became accustomed to the feeling and was able to relax.

When I tried to stand up I had to use momentum as well as the armrest and my neighbour's leg to prop me up onto my feet.

The last task I attempted was picking up a pen from the floor. I had to stabilize myself with the coffee table and lean over to one side in order to bend down far enough to reach it.

I would have tried to tie my shoes, but I couldn't even see my feet and I was ready to shed the suit and return to my former state.

### LETTER TO THE EDITOR

## Soccer coverage incomplete

Dear editor,

I feel that your recent coverage of the OCAA indoor soccer championships ("Soccer game turns into rugby match") is somewhat unbalanced. The article was excellently written and captures the atmosphere of the third game that we were involved in at the tournament.

Notice that it was the third game. As mentioned in the article we were involved in two other games. More could have been made in the article about the first two games. The Condors played superb, creative soccer in these games, hence RMC's desire to stop us repeating the performance.

In our first game we scored seven goals; not one goal scorer was mentioned in the article.

The highlight of the tournament for many people was the Conestoga versus Humber 2-2 tie. An intense, emotional, well-played, sporting game in which the Condors more than held their own against the defending Canadian soccer champions.

In my opinion, this game

should have been the cornerstone of your article, emphasizing the wonderful way that these young men represented Conestoga College.

I also feel that the incident involving Jamie Scott was dealt with very ambiguously. Jamie was and is Conestoga's most creative player.

He had scored one wonderful goal and had created many more opportunities.

Jamie also put his heart and soul into the tournament. His bodycheck did not result from frustration with the score, unsaid but easy for someone to misread into the article. Quite simply Jamie had been the number 1 target for RMC's abuse throughout the game. He finally got sick of being "hacked" every time he moved without getting any protection that he is entitled to from the official.

Again, the article was beautifully written but could have focused more on the team's achievements in the tournament.

Geoff Johnstone,  
head soccer coach

## Students unsure if Tibbits deserves \$195,132

By Shannon McBride

### Most say they don't know what he does

Conestoga College students are unsure whether or not College President John Tibbits deserves his salary.

Their skepticism comes after Tibbits' \$195,132 pay was published in The Record on April 4. The information was divulged to the public as part of the Public Sector Salary Disclosure Act, which publicizes the salaries of all public-sector workers making \$100,000 or more.

The Record published about 600 salaries of employees from local universities, school boards and hospitals, plus those of municipal workers, police service employees, judges and Crown attorneys.

Spoke asked students and faculty how they felt about Tibbits' salary. Though students were surprised to learn of the amount he makes,

most didn't think they knew enough about the role of the college president to give an informed opinion.



Wood

Tim Wood, a second-year architecture and construction student, said he wants Tibbits' job.

"I don't know much about his job, but I don't know how you can justify that amount."

Wood also wondered why Tibbits makes so much more than other college staff. He currently earns an additional \$75,000 more than anyone else at Conestoga.

First-year early childhood edu-



Covaciu



Covaciu

cation student Paula Covaciu said \$195,000 is a lot of money.

"I don't know much about his job," she said, adding that she's sure he works hard for his money, but she also believes that others have likely helped him to get where he is and should get some of the credit.

Leanne Broughton, a third-year nursing student, was

also unsure if Tibbits deserves his salary.

"It doesn't bother me that he makes that much, but knowing more about what he does would make me feel better about the amount he gets," she said.

First-year law and security student Jim Xirogiannis has a stronger opinion about the issue.

He said Tibbits' salary is completely unfair.

"It's a classic example of capitalism at work," he said, adding that money isn't distributed evenly enough in our society.

"I'd like to know what services he's providing to earn that kind of money."

Xirogiannis said.

On the other hand, broadcasting co-ordinator Mike Thurnell, thinks that Tibbits does deserve the money he makes because he works hard for Conestoga and gets things done.

"Conestoga is being constantly compared to universities," Thurnell said, adding that Tibbits' salary should be comparable to a university president's salary.

"It would be nice if the rest of the faculty could have comparable salaries to university professors."



## Experiencing authentic French cuisine

By Marcy Cabral

*This is the third in a four-part series on things to see and do in France.*

When travelling you want to experience everything the culture has to offer and what better method than to taste your way through the country.

Now in the case of the French, I was expecting to eat a lot of carbohydrates, such as breads, and have food smothered in thick sauces. Well, I was not disappointed.

If you are not the type of person who likes to eat bread or dough products than perhaps France is not the country for you. The French usually start off their day with bread rolls, croissants and fruit, then move onto sandwiches or baguettes with cheese for lunch, and more often than not, accompany their dinner meal with, what else, French bread.

After 10 consecutive days of croissants, rolls, crusty bread, bread topped with flour and of course the baguettes, it will be too soon if I ever see another baguette again. However, one specialty that must be tasted is Panini. Now be advised that this is a sandwich and therefore made with bread, but if you eat it early on in your trip. I'm almost positive you will love it. Panini can be found all over France and, most often, is made in little take-out only food stands.

This sandwich is made with two pieces of, dare I say, French bread, chicken, tomato and cheese. Now



what makes this ordinary-sounding sandwich so good is that the bread, usually some form of baguette, is toasted over an open grill, then the ingredients are placed on top of the bread and the entire sandwich is grilled to perfection. And perhaps the best part, other than eating it, of course, is that you get to watch them prepare it right in front of you, which makes this specialty a must try.

Now that I have your mouths watering and stomachs growling I think it's time for me to tell you a little bit about crepes. In North America crepes are often thought to be smaller, thinner versions of pancakes, but to the French, crepes come in all different sizes and with every topping you could possibly imagine.

In the small town of Bayeux, just outside Normandy, I fondly remember eating in a restaurant called La Creperie, the French version of a pancake house. I sat down and opened the menu to find every type of crepe imaginable. There were omelette crepes, fruit crepes, dinner crepes and, who could forget, dessert crepes. However, the most interesting had to be the omelette crepes.

These very French, omelette-crepe creations arrive neatly folded on a plate and leave foreigners mystified. Wrapped up in the folded crepe is the omelette, filled with oozing, bubbling cheese, cooked ham, sautéed mushrooms and fresh green peppers.

Once your initial surprise and curiosity has worn off and your courage has arrived to brave the unknown, this concoction is actually very tasty. One bite leaves you wondering why you never thought of this idea yourself.

And the best part is they are so filling that you can eat one as an entire meal. However, if crepes aren't your style, but dessert is definitely something you're interested in then France is the right country for you.

Located almost two blocks apart and practically at every corner in France you may not find a Tim Horton's, but you will certainly find a bakery. Inside every bakery are the most delectable pastries and desserts I have ever tasted. Éclairs, pain au chocolat, and homemade chocolates are only the tip of the dessert iceberg, but each is of the highest quality and taste absolutely heavenly.

The éclairs are light, fluffy and filled with the smoothest and creamiest mousse imaginable. These would give even Betty Crocker a run for her money.

Pain au chocolat is a croissant-like pastry with a chocolate filling in the middle. This not-so-sweet dessert is perfect for when your sweet tooth starts aching and you don't want



Even regular food, such as bread, cheese and croissants, taste different when you're in France. (Photo by Marcy Cabral)

anything rich and heavy.

And last on the dessert list, but certainly not least, is the ever so amazing homemade chocolates. These come in dark, milk, semi-sweet and white chocolate. If I learned one thing on my trip, it is that the French know their desserts like no one I have ever met.

Although I loved all the food while in France, I did notice that some of the French doings are a little peculiar. For instance, when you sit down to eat dinner, most often, bread is accompanied with the meal, but without butter. Therefore, you have to ask your waiter or waitress for some. However, at breakfast you

receive butter and jam for your morning bread.

Also, the French do not believe that drinks need ice unless they are alcoholic beverages.

Be advised that most beverages are lukewarm.

And last but not least, if you plan on sitting in a French café and sipping on a coffee while watching the passersby, beware — café to the French means espresso and not coffee.

The North American version of café is only served in the mornings with breakfast and is extremely strong, so get ready for an early morning jolt to get your day started.

## Biography.com a great resource

By Marcy Cabral

Whether you're looking for information on historical figures or your favourite celebrities, biography.com is a great place to start. If you're researching a project or just want to know more facts about your favourite person, log onto the biography Web site and feel your I.Q. shoot up by 20 points.

Simply type in the name of the person you are researching in the site search engines and a list of possible names appear.

Then click on the correct name and read all the biographical information available.

Not only is this site an asset for research purposes, but it is also absolutely filled with useful information.

If you would rather watch the biographies, you can click on the TV tab and receive a monthly schedule via e-mail of the A&E channel's Biography series.

Also in this screen you can order the Biography channel, now available in Canada. By clicking on the magazine tab, you get to view the current Biography magazine edition, can read the articles, subscribe to the magazine, if you wish, and preview what is in store for next month's edition.

Now, my absolute favourite part of the site was the trivia section. Here is where you really get to test your knowledge on your so-called celebrities and historical figures.

It is filled with games, trivia and quizzes. However, my personal favourite is "Who Am I?" trivia, which gives you a brief synopsis of a certain person and you get to guess who they are talking about. And of course, what site would be complete without a shopping tab. Through the Web site you can purchase all the Biography products, including books, movies and gift certificates.

Even though I have given this site a glowing review, I do feel that a few improvements can be made to make it even better.

First, the home page is too crowded. It is so bogged down with information that a first-time user may immediately leave the site because there is too much to sift through before you get to the good stuff.

Second, the font and colour choices could be a little clearer. The constant switching between font sizes is often distracting and the colours need to be more vibrant.

Lastly, the information needs to be spaced out a little better. Though there is a lot of text there is no need to squish it all into a tiny little section and leave a screen full of white space. Once these slight changes are made, I truly feel that biography.com will become one of the Internet's best Web sites.

If you know of any fun or interesting Web sites, e-mail me at [abbymarcy@hotmail.com](mailto:abbymarcy@hotmail.com) and it may appear in a future column.

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# Comedians rock the Sanctuary

By Michelle Timmerman

If you look up the word comedian in the dictionary you will find it means a humorous entertainer on stage, or a person who behaves comically.

That's exactly how one would explain the works of comedians Jason Rouse and Adam McFawn who performed separately in the Sanctuary April 2.

Rouse, who has been performing for six years, and McFawn, who has been performing professionally for about a year, both say that they enjoy their jobs because neither of them are embarrassed easily. "I go to such extreme measures in my show I am ready for anything, (so) it is hard for me to be embarrassed," said Rouse.

Although it is difficult to embarrass the pair while on stage, McFawn admitted he has made a girl cry during a performance.

Rouse, who has put on more than 2000 shows and has performed in several bars and campus's across

Canada, describes his style as edgy and pushes things to the limit.

"I usually start by ripping up my friend's mothers and goofing around. I don't look for anyone in particular to talk about. I simply start off with the truth and then add a little twist to it," explained Rouse.

**"I go to such extreme measures in my show I am ready for anything, (so) it is hard for me to be embarrassed."**

*Jason Rouse, comedian*

Both comedians say while the upside of the comedy business is the audience reaction to their show, the downside is the business point of view.

They said in one sense you want to be creative, but on the other you have to take care of the business

side, such as agents.

"It's frustrating and it takes a while to make a living out of comedy," said McFawn.

Currently the National Film Board is filming a documentary titled The Next Big Thing. The documentary is based on a book by Andrew Clarke and follows the careers of five comedians including Rouse.

"In the future I am hoping for a development deal with such networks as Fox or MTV," Rouse said. He also stressed that although he would like a development deal, it also means he can't break the contract with the networks if a better deal were to come up.

"I want to get a hand on every piece of pie out there and keep my options open," said McFawn, who currently has two shows in Oakville at the Desert and Liquor Lounge at the Oakville Inn. For information on future shows by either Rouse or McFawn, e-mail them at hamilton-funnyman@hotmail.com or adam@comedymafia.com.



Comedians Jason Rouse (left) and Adam McFawn (right), shown with a friend, brought the Sanctuary to its knees in laughter during their performances at the college April 2.

(Photo by Michelle Timmerman)

# Martyrs not the typical murder mystery book

By Tannis Wade

Normally horror novels are a little too much for me. Nightmares, waking up in a cold sweat and becoming paranoid of everyone around me are not my idea of a good time.

This all changed when I started reading Edo van Belkom's newest book, Martyrs.

Set deep in the Canadian North at a fictitious Jesuit college, this story leads your mind up and down the crossroads of belief and spirituality.

It is not your typical murder-mystery book. You are introduced to the evil character immediately, wandering on the outskirts of the small town of Abbotville.

You can tell by the dark imagery and clever wording van Belkom uses that this character is not going to be the hero.

The drama unfolds around Ste.

Claire College, and the legend of a group of French Jesuits who erected a mission in the wilderness only miles away.

As the story has it, 250 years ago the mission came to a halt when a band of renegade Iroquois

**What I particularly enjoyed about this book was the Canadian content.**

brutally tortured and murdered them.

Not knowing if the tale rings true, Karl Desbiens, a professor at the school, decides to organize a search for the mission ruins, or at least some shred of evidence that it actually happened.

Karl needs some purpose to his life as he is in the midst of deciding whether or not he wants to become a Jesuit priest himself.



Internet Photo

His life is at a turning point where he is not sure what the future holds for him.

The mission dig seems like a perfect escape for him during these trying times.

With a group of eager students from all walks of life, Karl sets off to find the truth surrounding the legend.

Van Belkom employs an interesting mix of people to take part in the adventure. A jock, some cheerleaders, a "freak" and a few others combine to make a mystery like no other.

His style consists of a lot of choppy sentences that help to convey a feeling of fear and apprehension.

What I particularly enjoyed about this book was the Canadian content. The story is fictional, but van Belkom uses many references that really exist. For instance, the archeologist that helps them at the dig site, Dr. Bos, works for the Royal Ontario Museum (ROM). Other various references include

the many Toronto newspapers, sports teams and universities.

This helped me to relate to the story by making the images come alive in my mind.

I could see the ROM when he spoke of it and I could fully imagine these fictional characters wandering through the halls.

The story is a plot-twisting tale of one man's struggle between good and evil.

There is no mystery as to who is behind all the evil; you simply must know what is going to happen next and how they will stop it from happening.

What an ending! Without revealing the twist that happens at the end, all I can say is this story leaves you with a feeling a horror.

There is definitely no fairytale ending in this book.

This is a must read for anyone who enjoys a good story and an exciting thrill.

## HOROSCOPE

By Daniel Roth

Week of April 15 - 21

Happy Birthday Aries and Taurus!

You are going to have to make a choice on your birthday. It could be something as small as which group of friends to celebrate with, either way you'll make the correct decision.

**Aries:** March 21 - April 19

If you are anxious to get out and do something you won't have to wait much longer. You have had a challenging winter, but the spring weather will bring joy.

Luckiest day: April 21.

**Taurus:** April 20 - May 20

People are going to be drawn to you this week.

You have a lot to offer. Your outgoing nature and motivation to succeed inspire others.

Luckiest day: April 17.

**Gemini:** May 21 - June 21

You are going to be picking up the pieces of your life, again.

This time you are going to have a bit more success in keeping everything together.

Luckiest day: April 18.

**Cancer:** June 22 - July 22

People may be busy, leaving you feeling alone and forgotten.

They aren't ignoring you, and by the end of the week things should be normal again.

Luckiest day: April 19.

**Leo:** July 23 - August 22

Poor choices you have made regarding a close friend may be coming back and slapping you in the face. To avoid getting hurt you must be true to yourself.

Luckiest day: April 16.

**Virgo:** August 23 - September 22

You will be able to achieve success with something you have been working towards. But don't let the success go to your head.

Luckiest day: April 21.

**Libra:** September 23 - October 22

If you have been arguing with a friend or family member you will be able to put everything behind you and resume a normal friendship.

**Luckiest day:** April 16. **Scorpio:** October 23 - November 21

If someone you respect is offering advice it would be wise to go along with it, even if you don't agree. You will be better off listening to your peer.

Luckiest day: April 15.

**Sagittarius:** November 22 - December 21

You will be meeting someone new or be meeting up with an old acquaintance. Either way a new friendship is about to take shape.

Luckiest day: April 16.

**Capricorn:** December 22 - January 19

Someone intimidating is going to try and get you to think his or her way. If you don't agree with them let them

know they are out of line. **Luckiest day:** April 21.

**Aquarius:** January 20 - February 18

You are going to be given something that will make you quite proud. It is either good news or a material gift, but in either case you'll be happy.

Luckiest day: April 19.

**Pisces:** February 19 - March 20

A situation you got yourself into could leave you feeling trapped and helpless. You will need to ask a friend to help you get your life back on track.

Luckiest day: April 20.

Daniel Roth is a second-year journalism student who has studied astrology and other clairvoyant issues for four years.



# Jays plan to rebuild this season

By Shannon McBride

This year's Toronto Blue Jays don't plan on winning the World Series.

They've admitted that the 2002/2003 season is all about rebuilding. For the Jays, this means saving a lot of money by recruiting players with great potential, but who aren't costing a fortune for them to obtain.

But what does it mean for the fans?

Unfortunately it means that

Toronto isn't likely to have any great chances for the World Series this year. But the Jays are rebuilding in an effort to create a team that has future potential.

This has become necessary for the Jays, and other teams, because of a decrease in attendance and, of course, paying for players in American dollars.

This method of rebuilding has worked for a few other teams in the past. And it doesn't always take too long to build a great team.

In the early 1990s the Atlanta

Braves went from worst to first in their division in one year and went on to be a dominant team in the mid-90s. Now that they have built a great team, they have established a greater fan base to attract and keep better players.

Other teams such as Cleveland and Minnesota have also proven that the rebuilding method can be effective.

The Montreal Expos, on the other hand, haven't been able to take advantage of rebuilding because they can't afford to pay for

their players once they improve. They've ended up losing many of their best players, including Pedro Martinez because they couldn't afford him once he became a star pitcher.

The Detroit Tigers have also had problems rebuilding. Their star-hopefuls just haven't come through for them.

In Toronto, the hope is that players like Eric Hinske, Vernon Wells, Roy "Doc" Halladay, Felipe Lopez and Luke Prokopec will develop and help the team become a con-

tender in the near future.

This, of course, is what attracts fans and helps teams remain strong.

Blue Jays General Manager J. P. Ricciardi has admitted to the press that his team is in rebuilding mode. If his new players come through for him, the result may be new hope for baseball in Toronto. If the players don't become stars, they may continue to lose the most money of any team in the league—a whopping \$52.9 million US in 2001.



## Couch potatoes? French fries? IT ALL ADDS UP!

**C**ouch potatoes, not French fries, may be to blame for obesity. That was the catchy title of a recent article exploring the many factors involved in effective weight management.

We have long blamed improper diets for creeping weight gain. More recently, we have come to understand the serious effects of physical inactivity. Healthy eating is essential to maintain a proper body weight, but active living is crucial, too. In fact, they are a dynamic duo.

The rate of obesity in children, teens and young adults is on the rise. With an increased intake of "fast and junk foods" combined with sedentary lives as a result of TV, computers and video games, generation "X" is quickly becoming generation "XL".

"Balance and moderation are what we need," suggests Judy Toews, a registered dietitian and author of a book on raising "weight-wise" kids. Toews notes, "Nothing we eat is absolutely perfect or entirely bad. It's simplistic to claim some foods are good for us, while others are 'junk.'"

All foods can fit into a healthy diet, but some foods must be eaten in moderation. Making small changes in your lifestyle can make a big difference in helping you reach your weight loss goals. Here are some ideas to help get you started:

In a journal, record everything that you eat and drink for the next 3 days. Be sure to include **what** you eat, **how** much and the **time** you eat. After the 3 days ask yourself the following questions...

- 1 Did you eat a variety of foods?
- 2 Did you eat the recommended daily number of servings from *Canada's Guide to Healthy Eating* (5 vegetables and fruits, 5 grains, 3 milk products and 2 meat and alternatives)

- 3 How many "other" foods did you eat (those high in sugar, fat or alcohol)?
- 4 How frequently are you eating?
- 5 Were you really hungry or did you eat for other reasons (just because the food was there, you were out with your friends)?

Do the same with your activity. Record everything you **do** and for **how long** for 3 days.

- 1 How often were you active?
- 2 How long did you do each activity?
- 3 Did you enjoy what you were doing?

Losing weight and keeping it off can be challenging. The key to successful weight loss and maintenance is a combination of following a low calorie, low fat diet and being physically active for 30-60 minutes per day. To make the necessary changes, begin by setting reasonable and specific goals. Monitor your progress to measure that the goals you set are reasonable, realistic and attainable.

Establishing healthy habits at an early age is essential. As the old adage says, "When it comes to bodies, there's only one per customer."

Your family doctor, a registered educator or community fitness specialist can provide more helpful information.

**Eat right  
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Ask your doctor  
about a  
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